

Magnify in Appearance

Health remains a factor where women outdo men. Regardless of the age factor, women have proven to be healthier than men – whether in infancy or in old age. Studies have revealed that the average life expectancy for women exceeds that of men, by 5 years on average. The fact remains that men tend to believe that as long as they can live up to their roles in society, their health remains good. This could be a pointer to why men visit the doctor lesser than women do, and – on the occasions they do – end up getting diagnosed with a serious medical condition. Doctors put this down to the fact that as long as men feel productive and work actively, they gloss over their health. Given that the gravest threats to men's health can be prevented, this tendency to ignore their health remains a cause for concern. Some of the major threats that men face in the course of their lives include:

- Cardiovascular diseases: Cholesterol plaques block the arteries in the heart and the brain. When a plaque becomes unstable, it forms a blood clot that blocks the artery, leading to a stroke or a heart attack.
- Lung Cancer: Cause by tobacco smoke, this spreads early and by the time it shows up on an X-ray, it can be difficult to cure.
- Depression: This disturbs the sleep, appetite and energy levels and since men tend to hide their feelings and not seek help, they end up committing suicide more often than women.
- Diabetes: Excess glucose in the blood stream impacts nerves and blood vessels leading to kidney failure, blindness, heart attacks, strokes etc.
- Erectile Dysfunction: Usually caused by atherosclerosis, men suffering from this tend to be more depressed.

Some tips for men to remain healthy even as they age, include:

- Physical Activity of up to 30 minutes each day
- A Healthy Diet of fruits, vegetables, whole grains and fat-free products.
- The Right Weight by balancing the intake of calories with those burnt through physical activity.
- Avoiding Alcohol and Smoking
- Using Health Supplements like [men's health products](#)

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